



G.V. (Sonny) Montgomery VA Medical Center

to care for him who shall have borne the battle and his widow, and orphan

FOCUSED ON YOU

NOVEMBER 2019

Veterans Day Program and Wall of Honor Induction Ceremony

During the month of November we honor all Veterans for their service to our country. Each year during our Veterans Day Program, Veterans are inducted into the Wall of Honor. This year, seven Veterans were inducted for their service to country and community. If you would like to nominate a Veteran for the 2020 Wall of Honor, please contact Public Affairs at 601-368-4477.



2019 Wall of Honor Inductees



Roger Barrett, a native of Jackson, Mississippi, enlisted in the Army on December 31, 1968, and served on active duty until November 10, 1971. Barrett spent one year, seven months and four days in Vietnam from May 25, 1969—December 28, 1970. After returning from Vietnam, he was stationed at Ft. Sill, Oklahoma for 11 months. Additional military service included service with the Army National Guard from 1973-1979. After his military service, he has spent his life serving Veterans and his country.



Edward Lee Bruton, First Lieutenant, United States Army, originally from North Carolina, is a graduate of Western Carolina University with an MBA from Troy State University. He served on active duty from December 6, 1966 - August 19, 1969, with 11 months and 16 days of service in Vietnam. Bruton was awarded a Silver Star with Oak Leaf Cluster, Purple Heart, Bronze Star, and Soldier's Medal for his service.

Celebrate a Better Today During the Great American Smokeout

The U.S. Department of Veterans Affairs (VA) invites you to join them in observing the Great American Smokeout on Thursday, November 21!

Whether the Smokeout marks your quit day or serves as inspiration to stick to your quit plan, there's no better day to make your move toward a life free from smoking.

Quitting smoking takes time — and patience. Just keep in mind that the short-term and long-term benefits are endless. You'll have a life with fewer headaches, and you'll experience a better overall mood and quality of life.

Although it's a common belief that smoking helps deal with chronic pain, the chemicals in smoke only temporarily relieve pain. In fact, the pain will persist, and nicotine withdrawal can make matters worse. Quitting smoking can reduce pain associated with conditions like back pain and also increase the effectiveness of medications to treat depression and anxiety. Your entire body will thank you when you're not smoking.

And the benefits of quitting extend beyond your own health to the health of your loved ones as well. When your family members are no longer exposed to secondhand smoke, they can experience improved lung function and fewer respiratory disease symptoms.

Everyone's reason to quit is valid. No matter what it is, VA has tools built with your needs in mind to help you live a life without cigarettes. Before, during, and after the Smokeout, check out the resources below to help start enjoying a better you. Enjoy sharper vision, more funds to take up new hobbies, and the knowledge that you have reduced your risk for cancer of the mouth, throat, esophagus, and bladder.

Have you ever found yourself saying, “I’d like to quit, but I can’t deal with the cravings”?

Talk to your doctor about using the patch, gum, lozenge, or other FDA-approved medications to help manage the withdrawal symptoms as you quit.

Have you ever wanted to talk to someone about your quit plan and find professional support?

VA's free telephone quitline, 1-855-QUIT-VET (1-855-784-8838), offers tobacco cessation counseling to Veterans who receive their health care through VA. Quit VET is staffed by trained counselors who will help you during any phase of quitting — whether you are just starting your journey, trying to get back on track after a slip, or dealing with a relapse.

Do you need support before your quit day and throughout your quit journey?

Don't worry. You're not alone. Sign up for [SmokefreeVET](#) to receive texts with tips and tools to beat the

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2019 Wall of Honor Inductees (continued)



William W. "Billy" Byrd, served as a Corporal in the US Marine Corps from 1943 to 1951, and still remembers the early hours of February 19, 1945, as he looked out into the darkness from the Troop ship, and in the distance he could see flashes of light. That was his first sight of war. After approaching the shore of Iwo Jima, the 28th Regiment was to capture Mt. Suribachi and then join the rest of the Fifth Division. During the first eighteen hours 2,313 Marines had fallen. As his battalion was inching closer to the base of the mountain, their flamethrowers, tanks, and rifle fire were taking its toll on the enemy in the battle

to take the mountain.



Edward Lee Gilliard, Specialist Four, United States Army, was born in Tennessee on September 14, 1947, and enlisted in the Army while living in Heidelberg, Mississippi. Gilliard began his tour in Vietnam on September 3, 1968, as a Medical NCO serving with HHC, 5th Battalion, 46th Infantry, Americal Division. On March 2, 1969, at the young age of 21, Gilliard died of wounds from an explosive device during a hostile event on February 23, 1969, in Quang Ngai Province, South Vietnam. Gilliard was awarded the Silver Star, Bronze Star and Purple Heart for his service in Vietnam.



Billy J. Henderson, a native of Jackson, Mississippi, received a Good Conduct Medal for serving honorably in the United States Marine Corps from 1962 until 1966 as a motor vehicle operator. When Henderson returned to Mississippi, after serving in the Marine Corps, he worked at Bell South until he retired in 2003, and has dedicated his time since then to serving Veterans and working with Veterans organizations. Henderson served as Senior Vice Commandant and Commandant for the Department of Mississippi Marine Corps League, and the Detachment Commandant for the General Louis H. Wilson

Detachment 173.



Johnny Neal Marlow, Command Sergeant Major, United States Army (Retired), served more than 41 years with the Mississippi Army National Guard and Mississippi State Guard. He was a retired Master Sergeant with the Mississippi Highway Safety Patrol and a deputy for the Carroll County Sheriff's Department. Marlow was ordered to active duty in support of Operation Joint Forge in Bosnia from August 2001– to March 2002; and twice in support of Operation Iraqi Freedom from December 2004—January 2006, and again from June 2009—March 2010 with service in Kuwait and Iraq. He was awarded

two Bronze Stars for his service. Marlow passed away on August 20, 2019, at the G.V. (Sonny) Montgomery VA Medical Center.



William "Cedric" Richardson, Commander (Retired), United States Navy, is a native of Raymond, Mississippi and joined the Navy in June 1995 as a Seaman recruit. After basic training in San Diego, he attended Broadened Opportunity for Officer Selection and Training at Naval Air Station San Diego. Upon graduation from the University of Memphis, he completed Naval Diving and Salvage Training in Panama City, Florida, prior to reporting to the USS Rainier as the Electrical Officer and Diving Officer. He completed Explosive Ordnance Disposal school and Basic Airborne school at Eglin Air Force Base, Florida before

reporting to Explosive Ordnance Disposal Mobile Unit 5 as Officer in Charge of Detachment 3 in November 2000. Richardson was awarded two Bronze Stars for his service.

Celebrate a Better Today During the Great American Smokeout (*Continued from page 2*)

urge to smoke when it crops up by texting VET to 47848. Remember to plan small rewards for yourself and ways to celebrate milestones on your quit journey with your family members and friends! Create a better today for yourself and the people you care about on this year's Great American Smokeout. Remember, you're not alone on this journey.

Set up an appointment at your [local VA medical center](#) with your primary care or mental health provider, who can provide a proven combination of medication and counseling to help you quit smoking. There's a counseling method designed to fit your needs, along with programs unique to your VAMC. Need more guides, tools, videos, and resources for quitting? Visit www.mentalhealth.va.gov/quit-tobacco/.



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